



TREES THAT PRODUCE EDIBLES

DELICIOUS TREATS FROM NATIVE TREES!



Redbud-based treats



Paw-paw tree and fruit

EDIBLE FLOWERS, FRUITS, AND NUTS

Missouri's native trees produce delicious edible treats. The flowers on many trees are important sources of nectar and pollen for pollinators. Native fruits and nuts from trees and shrubs provide nutritious food for many bird and mammal species. You can enhance your backyard wildlife habitat by planting native trees that produce these items. In addition, you can also enjoy eating many of these yourself!

The pink flowers that cover redbud trees in early spring are edible. Some popular edible nut trees include black walnut, pecan, and hickory; hazelnuts are a delicious shrub nut. Delicious native fruit trees include serviceberry, persimmon, paw-paw, and wild plum; chokeberry (Aronia) and elderberry are delicious shrub fruits. The native fruit trees and shrubs have a low canopy and tend to be safer to plant under power lines.

NATIVE HARVEST RECIPE IDEAS

Spring: Redbud blossom jelly, or put the blossoms directly on salads

Summer: Elderberry jelly, elderflower cordial, wild plum cobbler

Fall: Persimmon pudding, glazed black walnuts, paw-paw muffins

Winter: Freeze your summer berries and put them on your winter oatmeal

WHEN AND WHERE TO FIND THEM

You can forage for these foods on certain public lands or grow them in your own yard. Collection of nuts, berries, fruits, edible greens, and mushrooms for personal consumption is allowed on many Missouri Department of Conservation areas. Many of these foods are also seasonally available for purchase at the Columbia Farmers Market. Find recipes here:

mdc.mo.gov/discover-nature/recipes



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